VIP Nasal Spray

Vasoactive Intestinal Peptide • Patient Information Guide

Vasoactive Intestinal Peptide (VIP) is a naturally occurring 28-amino acid neuropeptide produced throughout the body — in the brain, gut, lungs, immune cells, and peripheral nervous system. It acts as a master regulator of inflammation, tissue protection, and healing. In patients with CIRS (Chronic Inflammatory Response Syndrome), mold illness, or chronic inflammation, VIP levels are often severely depleted — contributing to persistent symptoms even after exposure has ended. Compounded as a nasal spray, VIP is used in the final repair phase of CIRS treatment to restore this critical signaling molecule.

How VIP Works: Mechanism of Action

VIP functions by binding to VPAC1 and VPAC2 receptors located on immune cells, neurons, and epithelial tissues throughout the body. These receptors are found in virtually every organ system, explaining VIP's remarkably broad therapeutic effects. Through receptor binding, VIP activates cAMP-dependent signaling pathways that shift cells from a pro-inflammatory to an anti-inflammatory and regenerative state.

Mechanism	Effect
Cellular Repair	Stimulates tissue repair mechanisms, enhances mitochondrial function and ATP production
Anti-Inflammatory	Reduces pro-inflammatory cytokines (IL-6, TNF-α) while increasing anti-inflammatory IL-10
Barrier Function	Strengthens protective barriers in the gut (tight junctions), blood-brain barrier, and respiratory epithelium
Vascular Support	Promotes vasodilation for improved blood flow and tissue oxygenation throughout the body
Immune Rebalancing	Restores normal immune function and regulatory T-cell activity following chronic biotoxin exposure
Neuroprotection	Protects neurons from oxidative stress and inflammatory damage; supports cognitive recovery

VIP in CIRS Treatment: When & Why

VIP is a late-stage treatment in the Shoemaker CIRS protocol — not a first-line intervention. It is most effective — and safest — when used after the foundational phases of CIRS treatment have been completed. Starting VIP too early, before pathogen burden and inflammation have been adequately reduced, can produce overstimulation reactions.

VIP therapy represents the transition from detoxification into active repair and restoration. It should not be initiated until underlying root causes have been fully addressed.

Treatment Prerequisites — Complete These First

- Mold remediation or confirmed removal from exposure — ongoing exposure renders VIP ineffective
- MARCONS treatment — sinus colonization must be cleared before VIP
- Binder therapy completed — biotoxin burden substantially reduced
- Inflammatory markers documented as improving (MMP-9, TGF-β1, C4a)
- Detoxification protocols completed — drainage pathways open and supported
- Infection treatment completed — Lyme, co-infections, viral burden addressed

Key Benefits by Body System

Neurological & Cognitive Health

- Improves focus, memory, and overall mood stability
- Reduces brain fog and mental fatigue — often dramatically in CIRS patients
- Supports cognitive function restoration following chronic neuroinflammation
- Neuroprotective — reduces inflammatory damage to brain tissue

Immune System Support

- Calms chronic inflammatory responses by reducing cytokine overproduction
- Regulates immune overactivation — including autoimmune conditions and CIRS
- Restores Treg (regulatory T-cell) balance — reduces autoimmune reactivity

Respiratory & Sinus Health

- Supports healthy mucosal function in sinuses and lungs
- Reduces reactivity to environmental triggers including mold, allergens, and irritants
- Improves pulmonary function and breathing capacity
- Reduces airway inflammation in post-viral or mold-exposed patients

Cardiovascular & Mitochondrial

- Enhances blood flow and tissue oxygenation via vasodilation
- Supports natural detoxification processes through improved circulation
- Promotes mitochondrial energy production — addresses fatigue at cellular level
- Improves exercise tolerance and physical stamina

Treatment Timing

- VIP is prescribed after completion of detoxification protocols
- Initiation follows documented reduction in inflammatory markers: MMP-9, TGF-β1, and C4a
- Represents the transition into the active repair phase following chronic illness
- Most patients require 6–12+ months of prior protocol work before VIP is appropriate

Dosing & Administration

VIP is compounded as a nasal spray, which allows rapid absorption through the nasal mucosa with direct access to the brain via the olfactory pathway — similar to Semax. Intranasal delivery avoids first-pass metabolism and produces effects within minutes.

Parameter	Details
Route	Intranasal spray — nasal mucosa and olfactory pathway absorption
Starting dose	Low dose as prescribed — always begin conservatively
Escalation	Gradual dose escalation based on individual tolerance and response
Frequency	As directed by your provider — typically multiple times daily
Form	Compounded nasal spray — 503A LegitScript-certified pharmacy
Monitoring	Labs checked before initiation and at regular intervals during treatment

Monitoring Requirements

Regular laboratory monitoring is essential throughout VIP therapy:

- MMP-9 (Matrix Metallopeptidase-9) — reflects tissue breakdown and active inflammation
- TGF-β1 (Transforming Growth Factor-beta 1) — fibrosis and immune dysregulation marker
- VEGF (Vascular Endothelial Growth Factor) — tissue oxygenation and vascular health
- VIP serum levels — confirm restoration toward normal range
- C4a — complement activation, core CIRS inflammatory marker
- Never adjust dosing w/out consulting your provider

Gastrointestinal Health

- Strengthens intestinal barrier function and reduces intestinal permeability (leaky gut)
- Improves gut-immune system communication and balance
- Reduces GI inflammation and motility disorders
- Supports repair of gut lining following chronic illness or biotoxin damage

Safety & Important Considerations

Potential Initial Effects

- Some patients experience temporary overstimulation when beginning — flushing, fatigue, or worsening of symptoms
- These effects are typically transient and resolve as the body adjusts to restored VIP levels
- Report any concerning or persistent symptoms to your provider immediately

Professional Supervision Required

- VIP therapy requires ongoing medical supervision and cannot be self-directed
- Regular follow-up appointments and laboratory monitoring are essential for safe treatment
- Never adjust dosing without consulting your healthcare provider
- VIP is prescribed exclusively through CLIA-certified, LegitScript-certified compounding pharmacies

VIP is not a shortcut — it is the reward for doing the foundational work. Patients who complete the full CIRS protocol and then add VIP often experience the most significant recovery of energy, cognitive function, and quality of life.

At Larrea Naturopathic Medicine, we prescribe peptides exclusively through CLIA-certified, FDA-registered 503A compounding pharmacies. Every batch undergoes independent third-party testing for purity, potency, and safety. Our pharmacies are LegitScript-certified.